



LOVES FOOD

MINCE PASTA SAUCE

INGREDIENTS:

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| 1kg of lean minced meat | |
| 2 large carrots peeled and chopped | 1 large onion chopped |
| Half a teaspoon of black pepper | 1 large green bell pepper |
| 3 tablespoons of cooking oil | 1 teaspoon of salt |
| 1 teaspoon of dried mixed herb | 2 large tomatoes grated |
| 2 tablespoons of tomato paste (1 sachet) | 1 teaspoon of thyme |
| 3 teaspoons of crushed garlic | |

METHOD:

1. Place mince in a large pot and allow to boil until all the water is evaporated.
2. Allow to cool and mash any lumpy bits with your hands or a potato masher.
3. Once all the lumps in the mince have been loosened, add cooking oil and your diced onion. Fry until the mince takes on a lightly brown colour.
4. Add the grated tomato, tomato paste, salt, pepper, thyme, mixed herb and garlic.
5. Stir thoroughly and allow to simmer until the tomato is fully cooked and the cooking oil begins to rise to the top of the mince.
6. Add 2 cups of boiling hot water and the vegetables. Put the lid on and simmer for 5 minutes to create a thick sauce.
7. Adding sauce thickeners like spaghetti bolognese sauce can add an extra layer to this sauce, but it is not mandatory.

SERVING SUGGESTION

This pasta sauce goes very well with macaroni or spaghetti boiled and mixed into the sauce, as the sauce for a lasagna or as a sauce served separately with spaghetti. Layering macaroni and this sauce with cheese makes a wonderfully hearty pasta bake. Not a pasta fan? You can serve this sauce with some plain rice. Left overs of this sauce also makes a good cheesy toasted sandwich. It is certainly the sauce that keeps on giving.

Enjoy!

With love,
From Famous Warrior's kitchen